The UNDERGROUND

Voice of Scarborough Campus

Volume 11, Issue 14 | Tuesday January 7, 1992

Photo by A. Anthony

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HAPPY NEW YEAR!!!

Volume 11 Issue 14
Tuesday January 7, 1992

EDITORIAL

Perhaps one of the biggest changes we've seen in our society over the last year has been the rise in people's environmental awareness. Through the media, we constantly hear reports about environmentalists' protesting to stop the cutting down of trees in the rainforests of South America, yet these same "environmentalists" have failed to look in their own homes during the past season to witness one of the biggest wastes unique to North Americans: That's right, the lonely Christmas tree.

During the past Christmas break, as I strolled down the streets to do my last minute shopping, I took note of the huge number of Christmas trees waiting to be sold in a mall parking lot. From the sight of these trees I began to reminisce about past Christmas' when my family would go shopping for that perfect tree to place all our presents under. Such a harmless act, after all, how much could cutting down an individual tree hurt, but then I began to wonder, just how many of our families each holiday season buy "real" christmas trees?

Sure, there's nothing to match the wonderful pine scent or those stupid needles which end up all over your house, but what makes this consumable good more acceptable to environmentalists than using too much paper? Each year we shamelessly condone the cutting down of Christmas trees which have been growing for over a decade, just so we can enjoy them for a few weeks and only later dispose of them. I mean its not like we don't have alternatives, there are some really good artificial trees. But what surprises me most, is not that we consume such an item, but rather why haven't the so called environmentalists actively criticized this practice? This is clearly an example of wasteful consumption, yet no "environmentalist" to my knowledge has ever raised objection to this practice. For these so called environmentalists to have any legitimacy, should they not take a closer look at home and correct the wastefulness here before they go and tell other countries what to do?

Carol Millwood

Aftermath of Holiday Season: Many unfortunate trees await their fate after not being purchased during the Christmas rush.
Photo by C. Bage

Le Fond de la Corbeille

Do we treat people by how they look, by what they wear?

It sounds like a question that is applicable to fashion, and in many ways it is. Fashion is used to express oneself, or better said, fashion is used to make an impression.

What if someone makes an impression on someone which they do not want, or cannot control? It is easily done.

Are first impressions not the strongest image, idea, the basis from which one will judge the person in the future? Once that all-important first impression has been taken, it is hard, if not nearly impossible to change it without getting to know that person in some close way. That need only be to talk with that person for a few minutes, a true opportunity to understand that person.

An example could be someone confined to a wheelchair, with hands badly contorted or some other part of their body. When we see such a person, how do we react to their disadvantage? Do we turn away our eyes, not wanting to see what is there, or directly stare at them in a disapproving manner? Acts of isolation from the rest of the living world.

It is very true that not all people react in this manner: some do look at them as they would with any other person. Unfortunately they are a minority.

People: no two are exactly alike on this planet. There are infinite variations of this creature called man. Black, yellow, big nose, brown hair, small hands, long legs, the list goes on. The things that can vary are sometimes hard not to be noticed, or are very subtle in making their presence known.

So there are many different people here on this sphere and that includes those with handicaps, but they are still people.

So do people not treat people like people?

Political Cartoonist Wanted

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Those who can't, TEACH...

As students struggle through the quagmire most of us refer to as the modern educational system it seems prudent to pose a few simple questions. I would say that the aims and goals of a certain institution curiously named the University of Toronto might be a good place to start. Is its goal to provide second-to-none social and academic education for undergraduates and graduates (by the way, undergraduates may eventually decide to become graduates - just a reminder in case anyone's forgot) or is its goal to maintain the financial integrity of a large business?

In the five years I have been in and about Scarborough College I have seen a number of interesting things happen, such as the administration taking control of the student-run pub and the cutback of the downtown shuttle bus, thereby limiting access to downtown facilities which all students pay money towards in their tuition levies. Enrolled in such fine programmes as the Drama and Fine Art departments, I have also noticed that in the recent years the number of professors and courses offered has dwindled almost to non-existence. However, these departments have experienced the greatest overall increase in enrolment during the past years (Drama had 14 students in 1986 and almost 80 this year), so from a financial perspective someone's not doing something right. In spite of all this, I would like to steadfastly believe that education is the most important thing that Scarborough has to offer, but I don't know if I can convince myself in light of what I have experienced here.

In the past year I have had to petition four courses and have been turned down for all of them. In one case I am petitioning to hand in assignments late. Why? I don't know, as these assignments were handed in on time (to which numerous witnesses can attest). However, I was advised to do this by the department head because of difficulties between myself and the professor. In another case I am petitioning to register late for a course I paid for but because of bureaucratic nonsense and conditions beyond my control I couldn't get into until after the registration date. In both these cases I am not trying to cheat the system and get credit for something I didn't do - in fact it is quite the opposite. In all of these courses I completed the work required and am simply waiting for a chance to receive compensation for my efforts.

If this institution's aims are to provide academic education, they have succeeded in two ways: I have learned a great deal about red tape, stonewalling, b.s., and obviously I have educated myself from the completion of the course material required for the subject of my current petitions. If this is not evident then I must be doing something wrong; however they can see for themselves if they only give me a chance to present my work. The only thing they have succeeded in doing by their actions is postponing my graduation (as the completion of these courses will enable me to graduate), frustrating me, wasting my time and losing any future financial contributions I might have made. Possibly, this administration has lost sight of its true purpose or maybe it never had one to begin with. In any case, if something isn't done soon the University of Toronto will lose all of its financial and academic integrity it still desperately clings to and will end up with those who can't, teaching or running it into the ground.

H. Forbes

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voice of Scarborough Campus

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Privatizing education

by Clive Thompson
Ontario Bureau

Ontario is eyeing a plan to make donations to universities a 100 per cent tax write-off. Critics say it will increase corporated control of the institutions.

The government is considering allowing universities to establish Crown foundations for fund-raising, said Shelagh Nerney, communications officer for the Ministry of Colleges and Universities.

Donations to Crown foundations are complete tax write-offs, whereas donations to universities are only 20 per cent write-offs.

The legislature passed a resolution supporting the creation of Crown foundations on November 7. It was put forward by Hans Daigeler, Liberal critic for colleges and universities.

He said he expects the government to follow the resolution and introduce a bill on Crown foundations in the spring.

"Here's something concrete we can do," he said. "The government would forego some income tax income, but on the other hand it would help out universities, so it's not really a net loss."

Daigeler points to the fund-raising success of the University of British Columbia, which was granted a Crown foundation in 1987. Since then, UBC has raised $200 million of a $270 million, five-year campaign, the largest sum raised by a university in Canada to date.

"I've only been here a year, but I can already see a great benefit (from the foundation)," said Clark Warren, UBC fund-raising manager. "It's an extremely valuable tool."

Others oppose Crown foundations, claiming they will increase corporate control of universities, and direct research and development in solely technological and profit-making directions.

"My impression is that it is not just a self-evident good thing," said Robert Frankford, an Ontario NDP MPP who voted against the resolution.

"I think there has been an experience that business has been able to set the agenda."

U of T's $4.6 million Centre for Pharmacy Management, paid for largely by a gift from Shopper's Drug Mart head Murray Koffler, is an example of how they will benefit from directly, said Laurie Kingston, chair of the Ontario Federation of Students.

Kingston and Frankford said the private sector should contribute more money to post-secondary institutions but through taxation, to avoid tying donations to specific projects.

The government should wait for the results of the Ontario Fair Tax committee before deciding on Crown foundations, since it might advocate increasing corporate taxes, Frankford added.

Ontario university fund-raisers, however, aren't as patient.

John Heaney, director of development for Queen's University, said Queen's fund-raising drive has suffered because of the lower, 20 per cent write-off. Queen's has raided $55 million of its $70 million five-year campaign.

"We're aware of donations that have been deferred because of that. We have had one donor who has said their donation would be five times the size of the one given if we had a Crown foundation."

Queen's and other universities want the government to adopt the bill as soon as possible, Heaney said.

Women sue for safety

Canadian University Press

Universities must make the safety of women on their campuses a higher priority, says a national women's organization.

University campuses have been repeatedly shown to be unsafe, said Christie Jefferson, executive director of the Women's Legal Education and Action Fund.

"You've got a situation where a lot of women are out by themselves at night in an environment not designed with their safety in mind at all," she said.

Schools need to be pressured into improving safety, and they must also clarify their policies on dealing with sexual assaults, she added. Most women who are assaulted on campuses must pursue an individual prosecution with the police or file a complaint with the sexaul harassment office, she said.

But she said the case of a Toronto woman, whose identity is protected by a court order, could be a test case on how responsible universities are for sexual assaults on their campuses.

The woman, known in the media as Jane Doe, was raped in downtown Toronto. She is currently suing police under the Canadian Charter of Rights and Freedoms because they didn't warn her of a rapist in her area and used her as bait.

"It took her four years just to get the right to sue the police," Jefferson said. "But it's showing that government agencies can be held responsible.

"As to whether a university community is covered by the Charter of Rights, that is unknown."

However, several courts in the United States have ruled that a university can be held responsible for assaults that take place on its grounds.

Parents of a woman who was raped and murdered at Lehigh University successfully sued the university for not providing the proper security.

That ruling led to a law requiring US colleges and universities to collect and report crime statistics. No such law exists in Canada.

Last March, a man suspected of sexually assaulting several students at Toronto's Centennial College approached a woman at a nearby Seneca College campus. Seneca had been warned by Centennial six days previously, but did not inform students or faculty.

Jefferson said if a university could be shown to have ignored such warnings, it would provide a much stronger basis for a case.

"If you took careful steps to get the university to act and they didn't, the individual would be in a stronger position to launch a suit."

Official Languages Monitor Program*

Under a program funded by the Department of the Secretary of State of Canada, the Ministry of Education in conjunction with the Council of Ministers of Education, Canada, invites students to apply for the position of second-language monitors (French or English) for the academic year 1992-93.

Monitors (Part-time)

Official-languages monitors must be full-time postsecondary students usually studying in a province other than their own. They will work between six and eight hours per week under the supervision of a second-language teacher. Some francophone monitors will be assigned to French schools outside Quebec. For eight months participation in the program, they will receive at least $3,500 and one return trip between their home and the host province.

To be eligible for part-time monitor duties, students must have completed at least one year of postsecondary studies or will have completed such studies by the end of the 1991-92 academic year.

Monitors (Full-time)

Full-time monitors must have completed at least one year of postsecondary studies. Duties consist of assisting second-language teachers (French or English) in rural or semi-urban areas usually in a province other than their own for 25 hours per week. Some francophone monitors will be assigned to French schools outside Quebec. Monitors will receive up to $11,200 for 10 months of participation. They will also receive two return trips per year between their home province and the host province. They may also receive a settling-in allowance of up to $770 and a maximum of $1,110 for commuting expenses within the host province.

Application forms and program brochures may be obtained from placement offices in postsecondary institutions, or at the address below:

Manager, Monitor Program
Ministry of Education
Education Liaison and Exchange Branch
14th Floor, Mowat Block, Queen's Park
Toronto, Ontario
M7A 1L2

Duly completed application forms must arrive at the address indicated in the information package, postmarked no later than February 14, 1992. Qualified candidates will be required to attend an interview.

*(applies to men and women equally)

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PHOTO EDITOR

We need you to fill the ranks of the **UNDERGROUND** editorial staff! If you feel you have something to contribute to the Scarborough Student Press stop in with an application to the **UNDERGROUND** staff. If you can

1. develop film and photographs in black and white photography (darkroom and chemicals provided)
2. help organize the layout for the photos in the **UNDERGROUND**
3. organize, manage and edit the photographic material from the photography staff
4. organize, and manage the photography staff itself
5. take pictures of School and Campus events

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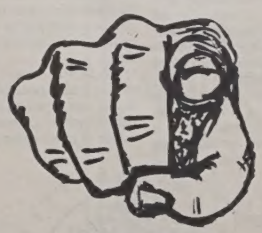
Submit all applications and resumes to the **UNDERGROUND** general office, Room **R-2203E**. A sample of previous work will be asked for at the interview. Closing date: Jan 16, 12:00 noon.

The Underground



wants you! Become a staff writer!

University pension fund owns stocks in two tobacco holding companies

by June Pang
The Fulcrum

The issue of divestment continues to challenge the debate over the ethical responsibilities of the Canadian university.

Given the example of certain colleges in the United States which have demanded the divestment of holdings in tobacco companies, Canadian universities have begun to question their responsibility to follow suit. The University of Ottawa, with $5.169 million of its pension fund holdings in tobacco companies, is no exception.

Last spring, Harvard University divested $50 million of stock in tobacco manufacturers. The City University of New York divested at the same time. Johns Hopkins University in Baltimore divested in February.

"We should not profit from tobacco addiction," said Brad Krevor, the executive director of the Boston-based Tobacco Divestment Project, which was founded in 1990 to help campaigns at universities, hospitals and other public institutions.

Andreas Seibert, the policy analyst at the Canadian Council on Smoking and Health, said he supported the recent trend of divestment and encouraged Canadian universities to take the same initiatives.

"Every dollar invested in tobacco is a dollar invested in a product that kills people, 38,000 in Canada each year," said Seibert.

"There is support for divestment on the University of Toronto campus," said Rob Behboodi, an undergraduate Governing Council representative at the university.

Efforts pushing for the divestment of the U of T's $12.5 million of endowment and pension funds invested in tobacco stock have resulted in a petition presented to the Council containing over 300 signatures calling for divestment.

Dr. John Cowan, vice-rector (planning and resources) at the U of O, said the University of Ottawa endowment fund is not "invested in anything that could even be remotely connected to a tobacco company."

However, he said the pension fund which university staff and faculty pay into and benefit from, has one per cent of its stock in two tobacco holding companies, $3.9 million in Imasco, which owns 100 percent stock in Imperial Tobacco, and $1.269 million in Phillip Morris - a total of $5.169 million.

Cowan, who initiated the smoke-free campaign on the U of O campus, said he does not think the university's pension fund should be involved in the tobacco industry. However, it was his belief that divestment is not the solution to the broader issue of tobacco consumption.

"[We have to] address the problem, not the symbols," said Cowan. "Divestment has no impact until there aren't willing purchasers for the stock."

Seibert disagreed: "If every single university were to divest their stock from companies like Imasco, it would make a great impact [on the industry]."

The debate of divestment brings forth legal issues as well as ethical questions.

Said Cowan, "The Administrative Committee is not prepared at this time to place a constraint on whether the pension fund can buy or sell [stocks in tobacco companies] because there is a fiduciary responsibility [on the part] of pension fund trustees ... to invest in such a way as to produce the highest aggregate benefit."

Under provincial law, the pension fund could only sell the stocks if it were financiallly advantageous.

While the provincial government voted in December of 1988 to allow pension funds to divest holdings in companies with investments in South Africa, there would have to be a similar law passed to allow divestment of tobacco companies.

Jacques LaRiviere, vice-president of the Canadian Tobacco Manufacturers Council, would not comment on divestment. He said divestment is an issue for each of the individual companies to deal with on their own.

"We are an industry association. We don't issue stocks. It's really an issue for the people who won the stock. It is that simple," said LaRiviere.

"It [divestment] doesn't make a lot of sense," said Peter McBride, vice president of public affairs at Imasco's head office in Montreal.

"If they're health-related motives, you won't accomplish much by asking for divestments," said McBride. "There is a symbolic value without achievement of the goal of preventative medicine."

However, Seibert said, "It's very hypocritical to be teaching preventative medicine...[while supporting] the number one cause of preventable death."

Cowan said he would raise the question of divestment at the next pension fund meeting to be held on Monday, December 9.

The times they are a changin' for Greenpeace

Canadian University Press

In 1971, a small group of ambitious, long-haired, enviro-warriors stood aboard the *Phyllis Cormack* and sailed out towards Amchitka, Alaska. Their aim: to challenge the upcoming U.S. nuclear testing.

This began the organization at first known as the "Don't Make A Wave Committee", then expanding to create " Green Peace".

Now, 20 years have passed and the small group of rainbow warriors has grown and molded into an eco-saving giant of more than 5 million members in 23 countries. Some argue that Greenpeace is merely an eco-corporation concerned more with its world image than with its well-known radical approach to environmental safety.

But whether or not the former is true, one thing is for certain: the name "Greenpeace" is enough to invoke an unsettling trepidation in the bowels of any environment-exploiting organization, be it corporation, government, or other. It has taken twenty years and many sacrifices but Greenpeace has achieved the world-wide recognition sought after, but unrealized, by many other groups.

There is no doubt that Greenpeace stands amid the likes of other humanitarian and environmental conglomerates such as Red Cross International and Amnesty International. We can call ourselves fortunate that the spark that produced Greenpeace originated in Vancouver and that since then awareness has grown many, many times over (as shown by the massive increase in membership over the past six years: 1,000,000 in 1985 to an estimated 5,000,000 in present day).

While the world sits in its ethical limbo pondering its next move, Greenpeace is on a sure path towards its intended destination of environmental safety.

McGill says 'no' to Black History course

Canadian University Press

McGill University's history department rejected a proposal by the Black Students' Network for a Black History course.

The BSN wants a mandatory Black History course for history students taught by a professor of African descent.

The departmental committee said there isn't enough money to hire new professors next year, and the department does not hire on the basis of race, said Mirian Kaba of the BSN.

"We expected this excuse to be used by the university's administration," said Kaba. "However, budget constraints can't excuse the pressing need for hiring more professors of color."

The Black History course was designed to be the forerunner of an African Studies programme, a minor programme which would encompass disciplines such as political science, music, sociology, literature, mathematics and science. It would be the first Black Studies program in Quebec.

The proposal was not thoroughly dicussed by the committee because members were discussing changes to the existing curriculum, said committee member Robert Vogel.

A student representtive on the committee told BSN members the proposal could not be formally considered until the course's format was changed, Kaba said. However, she added, history professors did not suggest changes after studying the proposal at an earlier department meeting.

The student rep suggested the BSN take the proposal to a history professor to have it taught as a course for next year. The BSN has not decided if this is acceptable, since there are no professors of African descent in the department.

Universities such as Dalhousie and the University of Toronto offer Black Studies programmes.

"It is ridiculous that McGill graduates know very little about the contributions of Africans, whether it be the Moors' dominance in Europe for 800 years up until the advent of slavery, or the ancient Black civilization of Egypt," says BSN. Members will keep pressing the history department to introduce a programme, Austin said.

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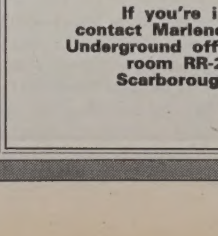

SPORTS WRITERS NEEDED!!

The SPORTS department of the Underground is looking for a few fanatics who can breathe, eat and sleep sports!!

...or at least write a good article on the subject.

If you're interested, contact Marlene Sroka at the Underground offices (287-7054), room RR-2203E on Scarborough Campus

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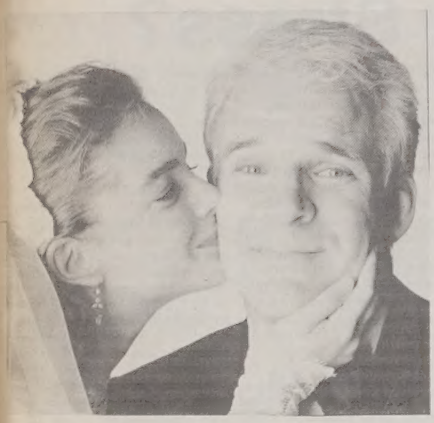

Father of the Bride

by Michelle Cloke
Underground Staff

A few years ago, actress (now director) Cindy Williams was having a conversation with Carol Baum and Howard Rosenman when she casually mentioned her desire to do a remake of the 1950 MGM classic *Father of the Bride*, then starring Spencer Tracy and Elizabeth Taylor. On December 20, 1991 the remake was released and is destined to become a classic in its own time.

The story is about the Banks family. When their daughter Annie returns home after studying abroad she has brought with her a surprise. She is getting married. The calamity begins here as George, her father, tries to deal with the fact she is not his little girl anymore and that she is about to leave home and start the next phase of her life. He manifests this, though, into worry about costs and the couple's future plans. The movie is tender, heartwarming and most of all funny.

This time round, the producers knew from the beginning who they wanted for the worried father who constantly gets himself in humorous situations trying to deal with the wedding. Steve Martin took on the role of George and brought to it that special something only Martin has. This is the man every girl wants as her dad. He isn't overpowering or a wimp - this is a character driven into one comic antic after another by one thing: his total and utter adoration of his daughter.

The relationship of equality the two share is further affected by the talented newcomer who plays his daughter. Kimberly Williams, plucked right out of her studies at Northwestern University has great on-screen chemistry with Martin and with her mother, Nina Banks, played by Diane Keaton.

Rounding out the family is Diane Keaton as the mother. Like any mother she is excited for her daughter. She is in control of her family to realize what her husband is thinking from the start and tries to keep an eye on his antics so he doesn't ruin the day for their daughter.

The movie runs at a quick pace and doesn't drag along at all. Most scenes are comical: George snooping in the bank books of his future inlaws and ending up in the pool, having a slip of the tongue when the young couple go out for a drive one night and he reminds them to fasten their condom. As well, there are some very tender scenes that can bring a tear to the eye of anyone who has gone through the moving-out -and-growing-up thing with their parents.

The film is not of the epic proportions of some of the films out this holiday season. It is just a quiet little film shot on location around Los Angeles that brings a warm feeling and is a good evening's entertainment.

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WHO'S GOT A PROBLEM?!

There's a big problem if your studies are affected because of your excessive drinking.

BACCHUS

How Do You Handle Stress?

by Michelle Cloke

The holidays are over. Sorry folks, but the few brief weeks for rest and relaxation commonly known as Christmas Break are behind us again for another year. So now come the deadlines, the term papers and all those extra curricular activities that keep our lives full and busy. With all these different pressures plus personal lives we all can get to a point of feeling overstressed. For some this can happen faster than for others. Fortunately there are ways to avoid this worn-out, tired and hassled state of mind. Stress Management is something that can help everyone avoid the effects of stress on the mind and the body.

THINGS TO LOOK AT

In trying to manage all the pressures around you there are several suggested ways to help lower the drain stress can have on you:

1) DIET: Keeping your body healthy and eating a proper well-balanced diet can give anyone that added strength needed to face the day. 2) LEARN TO RELAX: This is a very important part of stress management. No matter how busy you get or how much time you don't have, finding time to do something for yourself is a must. It can help your mind and your body. 3) SLEEP: Not everyone needs eight hours a night . Whether you need only a few hours a night to be at full speed or take short naps throughout the day helps in keeping one's strength up and it clears your mind and helps you feel refreshed. 4) LIFESTYLE: Your lifestyle and the way you handle everyday occurrences can help things get out of control. Simple ways of changing and organizing things around you can help reduce the stress that is put upon you.

DIET

As students, eating three square meals a day isn't always high on a priority list. "I'm too busy" or "I'm dieting" are not good reasons not to eat a healthy balanced diet. As well it is important to eat the right kind of things. A healthy body is one way to keep going during hectic times. some foods to avoid include:

*deep-fried foods
*double, jumbo or super anything
*added fats such as sauces and toppings
*soft drinks and shakes
*commercial pastries

A good diet to keep healthy also helps your level of performance. A good diet for this is one that is a) natural b) has the right number of calories for your ideal body weight c) eaten at a regular pace d) balanced. Never crash diet - the effects on your body can help make life harder instead of easier in busy times of year.

A well balanced diet usually includes:

' foods that are broiled or baked
* fresh salads and vegetables
* reduced calorie dressings
* low fat milk and juices
* whole grain breads and rolls
* 50% carbohydrates, i.e. pasta, rice, whole grain, etc.
* low in saturated fats
* sufficient intake of vitamins and minerals
* at least eight glasses of water a day

Something else to watch in maintaining a healthy diet is your caffeine intake. Caffeine can interfere with sleep patterns and adds extra irritability and nervousness.

Don't eat to combat stress - try to exercise instead. You'll use the excess energy in a more constructive way.

LEARN TO RELAX

Learning to relax, for some people this can be very difficult. It is important, though, to keep yourself from burning out. There are three ways that can help most people learn to do this:

I) A sense of humour : Experts believe that laughter can keep you healthy. Laughter also means we are taking a moment off to enjoy something. One of the most important types of laughter everyone should engage in is learning to laugh at yourself. When you laugh you release endorphins into your body which help the body combat disease, so keep smiling!

II) Alternative Stresses: A different technique that suggests combatting stress with more stress. Not more of the same work you have been doing but something totally different that uses different parts of your mind and your body. By focussing on something else we exercise different resources within ourselves and give a break to those we use more often. Usually this is some sort of escape, i.e. a roller coaster ride, white water rafting, racquet sports, mountain climbing, and sports in general.

III) Meditation: This is another way suggested to help students relax and combat everday tension. One technique often used is the following:

1) sit quietly in a comfortable position
2) close your eyes
3) deeply relax all your muscles, begining at your feet and progressing up to your face. Keep them deeply relaxed
4) as you breathe out say "One" silently to yourself, for example: breathe in out, one, breathe in out, one.
5) continue for about 10 minutes

IV) Pamper Yourself: don't go to extravagance but try something inexpensive that you enjoy as a special treat to get your mind away from things. This might be a bubble bath, going to a game, a movie or a show whatever feels good for you.

SLEEP

Although we have all been required to pull an all-nighter now and again for those nasty exams or last-minute term papers sleep is something we can't avoid. Some experts suggest "power naps" to help refresh and rejuvenate the body and mind. Just sit in a comfortable position and place yourself somewhere warm and relaxing, for example on a sandy beach. Count to ten slowly and back down again. See if it helps.

LIFESTYLE

Your lifestyle in general can be improved to be less stressful:

a) set realistic goals for yourself: not too high, not too low, just what you can handle. It is important for everyone to know their limit.

b) prepare for things more before hand to keep yourself more organized and avoid lastminute frustration.

c) be honest with yourself. Stop looking to change things beyond your control and try to look after the things you can have an effect on.

d) surround yourself with a close group of friends and family that love and support you. If you can not handle an overload of work they will understand and be there for you; plus it is a support behind you in anything you try to face.

Whatever you do, though, to combat stress - DO IT! Stress can have an effect on your body and mind now and later. This in turn can effect your personal life and your grades.

All the information in this article was provided by Health Services here at Scarborough Campus. For more information, drop by and see the
. Currently in the works for mid late January are some stress workshops. Sign-up is in their office and they will call you when the details are final.

Dear Laurel

Dear Laurel,

There seems to be some confusion in the information regarding Nonoxynol-9, the spermicide available on the more expensive Ramses condoms. I believe it is also contained in most spermicidal foams. Is it harmful if it comes in contact with the mouth or does it have any negative side-effects that users should be aware of?

Sincerely,
U.S.

Dear U.S.,

Nonoxynol-9 is a spermicidal chemical found in an inert base such as foam, cream, jelly or lubricant used to hold the spermicidal agent in the vagina against the cervix. The answer to your question is no, it is not harmful, but it apparently has an unpleasant taste. It causes allergic reactions in about 30% of women, which are definitely unpleasant, so that all women should do a small patch test on an arm or hand before using it. If it is tolerated, it can be used very effectively with a condom, as a protection against all STDs including HIV (AIDS), and HPV (genital warts). The latter is a virus which is very contagious, and is appearing to be on the increase. Foam by itself, if used properly, is also quite effective as a contraceptive and a good back up method of birth control, during the first month of pill use, or if a condom breaks. If you have any questions about these or other concerns, write another letter or visit Health Services.

Laurel

Dear Laurel,

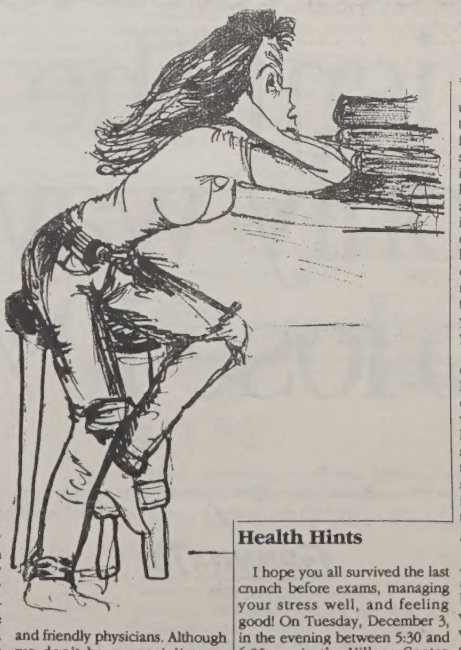
My problem is with my feet. From when I first wake up and stand up, till when I go to bed, my feet are sore, especially the heels of my feet. Could it be that my posture is bad, putting more stress on my feet? Is there anything you can recommend? I am in pretty good shape, I play hockey and run to stay fit. Is there any massage method or cream that can help? Please give me some advice.

Sincerely,
Painin' Feet

Dear Painin'

There are many things that could be causing your problems. The support in your shoes may need to be adjusted to your own requirements, to make up for some problems in your body alignment that is causing difficulty. The only way to assess the cause or the cure is to see a physician who can then refer you on to someone else, possibly a podiatrist. If you can come to the Health Services you can be seen by one of our very competent and friendly physicians. Although we don't have specialists or support services we can refer you to the appropriate resources in the community.

Laurel



Health Hints

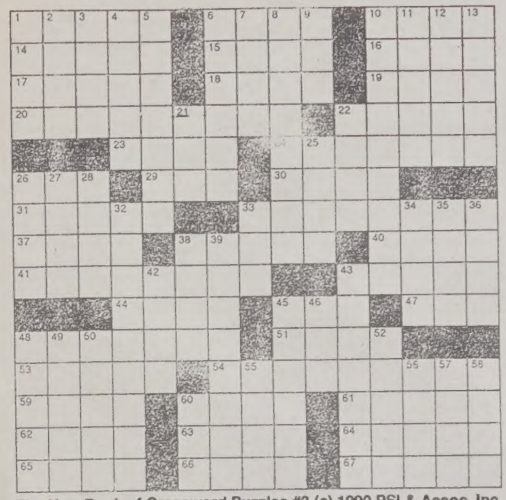
I hope you all survived the last crunch before exams, managing your stress well, and feeling good! On Tuesday, December 3, in the evening between 5:30 and 6:30 pm in the Village Centre Professor Cupchik gave us a talk on how to get motivated to study, with personal examples that worked for him as a student. He used many humorous anecdotes to help illustrate his talk, and the fifteen or so students who came seemed to pick up a lot of useful information. The Health Services have lots on stress reduction tips available for your use, as well as individual counselling for anyone who needs it. Please don't hesitate to come by if you feel we can help. In the meantime, eat right, try to sleep regularly, make time for exercise,and try to keep your sense of proportion and you'll do fine!

In the Meeting Place on December 4 we had a display by the Healthy Living Group for students who want to manage their weight better and learn to live a healthier lifestyle. Several people signed up and we can have more than one group, so come by and sign up for the new term if you're interested. There is also a sheet to sign up for the Stress Support group for next term.

I heard that the Alcohol Awareness Week was a splendid success and all three events run by the BACCHUS group were well-attended and enjoyed (I was unfortunately called to jury duty for 2 weeks). The Health Services staff hopes you had a great holiday and wishes you a happy and healthy new year!

Laurel Henning

CROSSWORD



The New Book of Crossword Puzzles #3 (c) 1990 PSI & Assoc. Inc.

ACROSS

1 Gather
6 Beverage
10 Pledges
14 Rebound
15 Demure
16 Eft
17 Pope's triple crown
18 Freedom from labor
19 — morgana
20 Decorate
22 House style
23 Stave
24 Patent
26 Saturn's wife
29 Devon river
30 Ceased
31 Grinder
33 A — — nerves
37 Aluminum sulfate
38 Fruit
40 Hence
41 Corrected
43 Beautify
44 Oxidize
45 Peculiar
47 Stabilize
48 Dressmaker
51 Derides
53 Select
54 Somnambulate
59 Aria singer
60 Disturb
61 Giant
62 Stratford-on—
63 Blood: pref.
64 Lyric poem
65 Eye part
66 Abel's birthplace
67 Thickheaded

DOWN

1 Entr' —: Intermission
2 Cripple
3 Bedouin
4 Tender spots
5 Tinier
6 Ghost
7 Lode contents
8 Served
9 Total: abbr.
10 Confused
11 Sidestep
12 Dakota dialect
13 Origin
21 Lenient
22 Laced
25 Liana
26 Persian poet
27 Mast
28 Run-down part of town
32 US citizens
33 Sinful
34 Love god
35 Monster
36 Reservoir
38 Main point
39 Tried again
42 Clean house
43 Espoused
45 Fairy king
46 Deer
48 Plaque
49 Olea
50 Breed of cattle
52 Pilfer
55 Vitamin C source
56 "It weighs — —"
57 Boys
58 Patella area
60 Pronoun

Editor's Assistant Needed!!!

We are currently accepting applications for the position of Editor's Assistant. If you are interested in becoming a member of the Scarborough Student Press, submit your application to the Underground, room **R-2203E** or call **287-7054.**

The Deadline is:

January 16th at Noon.

Attention Readers:
If you have any comments, criticisms or ideas about the Underground, please leave a message for the Editor at room R-2203E.

WANTED:

NEWS EDITOR

We need someone who can find a good story on campus or off. We need someone who can edit the copy of our news staff to a concise, meaningful, and topical format.

We need a **NEWS** editor.

If you think you have what we need in a News Editor, apply to the **UNDERGROUND (ROOM 2203E),** with resume or application by Jan 16, 12:00 noon.

A newspaper needs a **NEWS** editor.

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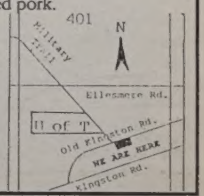
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3) sweet & sour chicken balls beef chop suey fried rice